Cancer Support Community
Redondo Beach

APRIL | MAY | 2016 CALENDAR

Celebrating 29 years of serving cancer patients & their families free of charge.

MIND-BODY ACTIVITIES
These free activities are drop-in groups. All are welcome!

Yoga
Gentle Yoga
Ideal for anyone who wishes to benefit from healing, stretching and strengthening their bodies & minds. We will sync our breath to movements in a meditative flow.
With Susan Tamala.
Mondays • 1:30 - 2:45pm

Restorative Yoga
Restore the equilibrium to the mind & body and relax to release stress. Bring a small hand towel to place over your eyes. With Michael Norder.
Mondays from 6 - 7pm.

Early Yoga
Come to relax & rejuvenate your mind & spirit. Explore breathing techniques, simple stretches & guided meditation. With Isabelle Royer or Nina Bellows.
Wednesdays • 9:30 - 10:30am

Morning Yoga
Balance, inner calm & strength using a gentle approach and pose modification. We will practice breathing techniques, stretching & meditation. Thursdays with Efrat 10 - 11:15am

Gentle Hatha Yoga
In a supportive & welcoming environment, Brittany Rudinica encourages students to move, breathe & observe sensations without attachment.
Thursdays • 6 - 7pm

Basic Yoga
Move all your major muscle groups while addressing any movement limitations. Appropriate for all levels of ability in any stage of recovery.
With Michael Norder.
Fridays • 11am - 12pm

Cardio
Low Impact Cardio
In striving toward improved health, we need to remember to "work our hearts." Claudia Welch will modify steps to accommodate any level of recovery in this cardio focused class.
Thursdays • 9:30 - 10:15am

Well-being
Writing For Wellness
This monthly program offers family & friends who are affected by cancer, ways to express themselves through writing. With Barbara Force.
Saturday • April 16 & May 21

Pain Management Class
A holistic approach with discussions on exercise, supporting alternative, complementary treatments & more.
With Claudia Welch.
2nd & 4th Tuesday • 11am - 12pm

Relaxation & Visualization
Relax your body & mind while increasing awareness & recognizing & developing your own visual healing images. Tuesdays • 5pm

Guided Meditation
With frequent practice & group support, you will discover the benefits of quieting your mind. With Christine Campisi or Farzaneh Jafari.
Wednesdays • 5 - 5:45pm

Tai Chi
A graceful, slow & gentle exercise that improves balance and coordination as well as good physical & mental well-being.
Everyone, old or young, strong or weak can benefit. With Les Krzczuk.
Tuesdays • 1 - 2pm

Ocean View Tai Chi
Tai Chi has been proven to reduce stress & tension, improve balance & flexibility and soothe the mind of distractions. Come & enjoy the beautiful outdoor ocean setting.
With Ann Pitts.
Fridays • 9:30 - 10:30am

DROP-IN NETWORKING GROUPS
Drop-in groups for patients & their loved ones are facilitated by licensed psychotherapists. These groups are for sharing & learning from others who are going through similar experiences to your own.

Carcinoid & Neuro-Endocrine Tumor
1st Saturday • April 2 & May 7
10:30am - 12:30pm

Colo-Rectal Networking
2nd Thursday • Apr 14 & May 12
6 - 8pm

Gynecological Networking
2nd Saturday • Apr 9 & May 14
10am - 12pm

Leukemia, Lymphoma & Multiple Myeloma
2nd Thursday • Apr 14 & May 12
1 - 3pm

Life After Cancer
1st Monday • Apr 4 & May 2
6 - 8pm

Lung Cancer
3rd Saturday • Apr 16 & May 21
10:30am - 12:30pm

Prostate Cancer
1st & 3rd Wednesday
Apr 6, 20 & May 4, 18
4:30pm - 6:30pm

Prostate Cancer - Kaiser Permanente South Bay
2nd Wednesday
Apr 13 & May 11
5 - 7pm

Thyroid Cancer Networking: ThyCa-South Bay
1st Saturday • Apr 2 & May 7
10am - 12pm

Young Survival Coalition*
2nd Monday • Apr 11 & May 9
6:30pm - 8pm

CSC Healing Garden
Enjoy the flowers, fountain, birds & fresh ocean air in our garden.

WEEKLY SUPPORT GROUPS
Requires attendance at a Welcome Meeting prior to joining a group.
Ongoing support groups are facilitated by licensed mental health professionals for cancer patients & their loved ones.

Family groups are for spouses, significant others, parents, children or close friends. One or more support persons may join a family group.

Tuesdays
Cancer Patient • 6 - 8pm
Family/Partners • 6 - 8pm
Newly Diagnosed Breast Cancer • 6 - 8pm

Wednesdays
Women’s Cancer Group • 10:30am - 12:30pm
Cancer Patient • 6 - 8pm
Family/Partners • 6 - 8pm
Newly Diagnosed Breast Cancer • 6 - 8pm

Thursdays
Cancer Patient • 2 - 4pm & 6 - 8pm
Family/Partners • 6 - 8pm
Newly Diagnosed Breast Cancer • 6 - 8pm

Family Transition/Bereavement Group
Drop-in meeting.
Meets on Monday, April 4 & 18; May 2 & 16 from 6 - 8pm and Tuesday, April 12 & 26; May 10 & 24 from 3 - 5pm.
WORKSHOPS & EVENTS
Please pre-register for all Workshops & Events by calling 310-376-3550.

Educational Programs & Presentations

Fight Cancer - Food Supplements That Really Work   Saturday, Apr 9 • 10am – 12pm
Jeanne Peters, RD, will share cutting edge, science based solutions for how you can fortify your nutritional status naturally. She will share her top ten remedies for some of the most common side effects of cancer treatment, provide sample meal plans and recipes for healthy eating. Peters is the co-founder & Nutrition Director of the Nourishing Wellness Medical Center and has helped hundreds of clients.

Alternative Cancer Treatments Around the World   Monday, Apr 25 • 6pm - 8pm
Dr. Dennis Kinnane will share effective & safe treatments for cancer which are used in other parts of the world, including Asia & Europe and the latest findings from the United States. He will also speak about acupuncture & Chinese herbal medicine for use during conventional treatments. Dr. Kinnane has been a registered pharmacist for 46 years and has been practicing Chinese Medicine in Torrance for 27 yrs.

Lunch Discussion: Finding Your Style   Friday, Apr 8 • 1-2pm - 2:30pm
Wondering what your style is? Come and have some fun finding out! As human beings we are always evolving and so is our style. In this interactive workshop, you will learn a simple way to always be in touch with what is best for you. Cindy Virginia Neto has been an image consultant for over 25 years. Lunch & Social Time 12:30 - 1pm
Lunch donated by the world famous “THE SPOT” restaurant in Hermosa Beach.

Support & Well-being

Monthly Goal Setting   Monday, Apr 11 • 6pm - 7pm
Watch your dreams come to life in our monthly goal setting workshop! Do you have an idea of where you’d like your life to look like, but you’re uncertain of how to get there? Sara Krish, Cancer Survivor & Business Owner, will provide the tools that turn your dreams into reality.

Pain Management Class   Apr 12 & 26 • 11am - 12pm
A holistic approach to pain management. Again - Using Our Minds to Help Reduce Chronic Pain. April 26: Managing Situational Stress & Pain. Claudia Welch has been with the American Chronic Pain Association since 2009.

Melt Method   Apr 19 • 11:30am - 12:45pm
The Melt Method is a self-help technique (using small balls on the hands and feet) designed to balance the nervous system and rehydrate the connective tissue. Medical research has shown that Melt reduces chronic pain, increases flexibility, and heightens your body’s ability to repair and heal itself! All equipment will be provided. The class is taught by Nancy Starr, a massage therapist for the past 11 years and Melt instructor for the past 3 years.

Mindfulness Sleep   Apr 21 • 11am - 1pm
This workshop is for people who suffer from anxiety and/or can’t fall or stay asleep. You will learn techniques for staying relaxed, refreshed & productive during the day. Corina Gheorghiu, MFT will present tools for daytime, evening & nighttime use.

Get Creative

Ikebana Flower Arranging   Saturday, Apr 2 • 10:30am - 12pm
Ikebana is a Japanese word translated to English as “giving life to flowers.” You will learn to express yourself with the therapeutic art of arranging cut stems, leaves & flowers in vases. In this class, students will create a Spring Flower arrangement. Valeria Berton will provide all materials. Limited space; register by March 31.

Step By Step Painting   Thursday, Apr 14 • 4pm - 5:30pm
Join us in learning how to paint scenes on paper with artist Iga Kania. Iga will guide you through learning about brushes, strokes, types of paint, color-mixing, and much more to create your own masterpiece!

Kids Community: Shaking & Baking   Saturday, Apr 16 • 2pm- 3:30pm
Join us for a fun baking demo with Pam Braun, author of The Ultimate Anti-Cancer Cookbook. Pam will give us the history of bread & show us the almost forgotten art of making bread from scratch. To add an interesting twist, we won’t be making loaves of bread, but baking “bread monsters”. Come join us for a fun, tasty afternoon & let your creative genie out of its bottle.

Chemocessories   Tuesday, April 19 • 4:30pm - 6pm
Looking Good & Keeping a Positive Attitude with Iris Lee Knell, LCSW. Attendees will learn how to prioritize with jewelry, scarves and more and will receive complimentary sets of accessories. Having a positive attitude & looking better makes you feel better.

Mind-Body Activities

Urban Zen Workshop   Wednesday, Apr 20 • 6pm - 7:45pm
Urban Zen Integrative Therapy Workshop combines Restorative Yoga, Breath Work, Reiki and Therapeutic Essential Oils. Immerse yourself in this complete experience! Claudia Bumiller is founder of Feel the Bliss of Yoga & Reiki and is a RYT Certified Yoga Instructor & Reiki Master Teacher.

Sound Therapy   Friday, April 22 • 9:30am - 11am
Sylwia Kulczak will provide Sound Therapy: Tibetan Singing Bowls to soothe your mind and body and then tune up the frequencies to invigorate and add extra energy to your cells. Sylwia has been a Sound Therapy Practitioner since 2005.

Hanna Somatic Movement Therapy   Wednesday, Apr 27 • 5:30pm - 7:30pm
Are you tired of chronic pain, suffer from joint stiffness or have difficulty moving with ease? Do you desire more flexibility & good body movement patterns? Farzaneh Jafari, Ph.D, will teach attendees Somatic Therapy in effectively resolving such issues. Dr. Jafari is a Yoga Therapist & Hanna Somatic Educator in the Tradition of Thomas Hanna.

Help Us Go Green!
Send your email address to info@cancersupportrendonobeach.org to receive a digital copy. To get the calendar online, visit cancersupportrendonobeach.org
This convenient option reduces paper waste, saves printing costs and gives instant access to the most current updates.

Workshop/Event (Please RSVP) Network Group (Drop-In)

MONDAY

NEW CLASS!

TUESDAY

Ocean View Tai Chi
Every Friday 9:30-10:30am
Tai Chi is often described as “meditation in motion.” It has been proven to reduce stress & tension, improve balance and flexibility and soothe the mind of distractions. Come & enjoy the beautiful outdoor ocean setting with Instructor Ann Pitts.
<table>
<thead>
<tr>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tr>
<td><strong>6</strong> Early Yoga • 9:30 - 10:30am</td>
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WORKSHOPS & EVENTS

Educational Programs & Presentations

Carcinogenesis and the Hallmarks of Cancer

Monday, May 9 • 6pm - 8pm

Brenda Keith has been an oncology nurse educator for Genentech BioOncology for the past 11 years. The hallmarks of cancer refer to how normal cells are affected, resulting in cancer growth and spread throughout the body. This presentation will focus on what is known about causes of cancer as well as the processes that occur in cells that give rise to cancer. Through an understanding of the cancer development process, therapies can be developed & an explanation will be given as to what therapies are currently in place that target the known features of cancer. Light refreshments will be provided by Genentech.

Frankly Speaking About Cancer Side Effects & Treatment

Wednesday, May 11 • 6pm - 8pm

Wade Nishimoto, MD will discuss treatment side effects such as fatigue, hair loss, anemia, infection and pain. Learn how to manage emotional distress and optimize quality of life during and after cancer treatment. Dr. Nishimoto is on CSC’s Professional Advisory Board. He is a board certified Medical Oncologist and also specializes in Hematology. He has been in private practice at California Hematology Oncology Medical Group for over 25 years. In collaboration with CHOMG.

Lunch Discussion: Restorative Yoga Workshop

Friday, May 13 • 11am - 12pm

Restorative Yoga is for everyone! As the name suggests, it’s about restoring your health and recharging. You don’t need to be athletic or flexible, you just have to breathe. We relax and breathe with bolsters blocks and blankets. We will also do some “Chair Yoga” and learn a super simple way of meditating that anyone can do any time.

Cross Culture Potluck Social!

Wednesday, May 4 • 5 - 6pm

We invite you to meet, and make friends with fellow participants of the Cancer Support Community. Everyone is invited to join us for an evening community potluck! Bring your favorite cultural potluck dish/appetizer to share.

MIND-BODY ACTIVITIES

Crystal Alchemy Bowl Sound Meditation

Friday, May 6 • 3pm - 4:30pm

Bathe in the sound of the rich, pure, vibrant tones of the crystal alchemy singing bowls. Create a deeply relaxing, rejuvenating state of well-being. Glass will utilize awareness techniques with the alchemy singing bowls which will guide you to a state of clarity and assist the mind and body in self-healing.

Urban Zen Workshop

Wednesday, May 18 • 6pm - 7:45pm

Urban Zen Integrative Therapy Workshop combines Restorative Yoga, Breath Work, Reiki and Therapeutic Essential Oils. Immerse yourself in this complete experience! Claudia Bumiller is founder of Feel the Bliss of Yoga & Reiki and is a RYT Certified Yoga Instructor & Reiki Master Teacher.

Mind-Body Activities

Cancer Support Community is closed on Monday, May 30th in observance of Memorial Day.

Respiratory Yoga • 6pm - 7pm

Family Transition Group • 6pm - 8pm

NURSING SERVICES

Lunch & Social Time

11am - 12pm

Lunch donated by the world famous "THE SPOT" restaurant in Hermosa Beach.

Support & Well-being

Laughter Class

Saturday, May 21 • 9:30am - 11am

Feel the JOY & ENERGY by doing simple exercises in a friendly setting practicing the positive aspects of laughter. Janis Lukstein is a trained Laughter Leader who has led Laughter Groups with cancer patients, their family, and friends.

Monthly Goal Setting

Monday, May 9 • 6pm - 7pm

Watch your dreams come to life in our monthly goal setting workshops! Do you have an idea of what you’d like your life to look like, but you’re uncertain how to get there? Sara Krish, Cancer Survivor & Business Owner, will provide the tools that turn dreams into reality.

Mindfulness Sleep

May 10 • 11am - 1pm

This workshop is for people who suffer from anxiety and/or can’t fall or stay asleep. Corina Gheorghiu, MFT will teach techniques for staying relaxed, refreshed & productive during the day.

Get Creative

Beginning Beading

Tuesday, May 3 • 10:30am - 12pm

Join Nancy Lombao, LMFT, CSC&B’s Program Director for a beginning beading activity. Nancy will be joined by Kristen Biel, and together they will teach the Beginning basics for beading. Learn about the proper tools to use, technique, and where to shop for the supplies and select your beads. We will be creating a Mother’s Day project. Hope to see you there!

Ikebana Flower Arranging

Saturday, May 7 • 10:30am – 12pm

Ikebana is a Japanese word often translated to English as “giving life to flowers.” It represents the desire to bring out the inner beauty of the flowers themselves. Attendees will learn to express themselves with the therapeutic art of beautifully arranging cut stems, leaves, and flowers in vases. In this class, students will create a Mother’s Day arrangement. Valeria Brinkers will provide all materials (flowers, vases, etc.) Limited space. Register by April 29.

Kids Community: Everyone is an Artist

Saturday, May 7 • 2pm - 3:30pm

With Jill Robb, Lead Art Instructor. Be inspired by Dutch post-Impressionist Painter Vincent van Gogh. His works had far reaching influence on 20th century art. Create a still life painting entitled, “Sunflowers.” Brought to you by: Art to Grow On Children’s Art Center Inc. www.art2growon.com

Chemocessories

Tuesday, May 17 • 4:30pm - 6pm

Looking Good While Keeping a Positive Attitude with Iris Lee Knoll, LCSW. Attendees will learn how to accessorize with jewelry, scarves and more and will receive complimentary sets of accessories. Having a positive attitude and looking better makes you feel better.

Sound Therapy with Sylwia Kulczak

Friday, May 20 • 9:30am – 11am

Sylwia will provide Sound Therapy using Tibetan Singing Bowls to soothe your mind and body and then tune up the frequencies to invigorate and add extra energy to your cells. Sylwia has been a Sound Therapy Practitioner since 2005.

Mind-Body Activities

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Urban Zen Workshop

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Viernes, 20 de mayo, 5 - 6pm
Que Hacer y No Hacer Para Una Dieta Saludable

Es fácil subir peso y muy difícil de bajar rápidamente. ¡Bajar de peso saludablemente es haciendo cambios a nuestro estilo de vida “no es nomas bajar de peso” y no subir de peso otra vez! Lo invito a esta presentación de “Que Hacer y No Hacer Para Una Dieta Saludable” le ofreceré ideas para triunfar!

**Tour de Pier**
May 15, 2016
Manhattan Beach Pier

This event benefits Cancer Support Community Redondo Beach, the Hirshberg Foundation for Pancreatic Cancer Research and the Uncle Kory Foundation. We need volunteers! Sign up to volunteer online at www.tourdepier.com
Cancer Support Community tiene programas para ayudar a participantes y sus familiares a contestar sus preguntas. Mediante su participación en varios programas, los pacientes con cáncer recuperan el control de sus vidas, sienten menos la soledad, aislamiento, y temor, encuentran esperanza y un propósito nuevo para luchar por su vida. Participantes, familiares y el personal de Cancer Support Community se reúnen para enfrentar el reto de vivir con el diagnóstico de cáncer y su tratamiento.

Ser diagnosticado con cáncer trae muchas preguntas

¿Cómo me pasó esto?
¿Cómo iré a sobrevivir?
¿Cómo responderé al tratamiento?
¿Seré la única persona que siente así?
¿Dónde podría obtener más información?

Celeblando La Vida Grupo en Redondo Beach
El Primero y Tercero viernes de cada mes • 1 y 15 de Abril • 6 y 20 de Mayo
Viernes en la tarde a las 5 a 7pm.
La ubicación: Cancer Support Community • 109 W. Torrance Blvd. Redondo Beach 90277
Grupo de apoyo, en español, para pacientes, sobrevivientes y familiares combatiendo el cáncer.
Favor de llamar a: Juan Altamirano – 310-210-6685 para más información y confirmar su presencia.

Camino de Cánecr Grupo en Wilmington
El Primero y Tercero lunes de cada mes • 2:00 pm • 4 y 18 de Abril • 2 y 16 de Mayo
La ubicación: Wilmington Senior Services Center • 1371 Eubank Avenue Wilmington 90744
¡Anímesel! ¡Los esperamos con mucho cariño! Para más información y confirmar su presencia, favor de llamar a: Lisa Ramos – 310-480-1900

GRPUS DE APOYO GRATUITO EN ESPANOL

INDIVIDUAL, COUPLES & FAMILY COUNSELING

Cancer Support Community Redondo Beach offers free short-term counseling to Community members, to couples and family members. Joining a weekly support group is also strongly encouraged.

Attendance at a Welcome Meeting is required before beginning counseling. The counseling is short-term and provided by our graduate interns under the supervision of our licensed clinical staff.

For information, please contact Nancy Lombiao, MS, LMFT at 310-376-3550.

GROUPS, PROGRAMS & ACTIVITIES PROVIDED AT OTHER LOCATIONS

Breast Cancer Support Group
Every Tuesday • 5 - 7pm
Providence Little Company of Mary San Pedro • 1300 W. 7th Street, San Pedro
Meet at Conference Room on 4 West
A support and educational group for women diagnosed with breast cancer.

Prostate Cancer Support Group
2nd Wednesday • 5 - 7pm
April 13 & May 11
Kaiser Permanente Parkview Building
3rd Floor Conference Rm at PCH Entrance
1050 Pacific Coast Hwy, Harbor City, 90710

General Cancer Support Group
2nd Wednesday • Spanish • 9:30 - 11am
4th Friday • English • 9:30 - 11am
Harbor-UCLA Outpatient Cancer Clinic
1000 W. Carson St, Torrance, CA 90509

Cancer Support Group
1st & 3rd Mondays • 6:30 - 8pm
For people with cancer, their families and friends. Drop-in attendees welcome.
Orange County Mission Hospital - Conference Center
26726 Crown Valley Pkwy, Mission Viejo, 92691

Cancer Patient Group
Every Thursday • 5 - 7pm

Spousal Bereavement Group
2nd & 4th Mondays • 5 - 7pm
April 12 & 26, May 10 & 24

Embrace Kids Program
Torrance Unified School District
Lawndale Elementary School District
Manhattan Beach Unified School District
Embrace Kids is a free, one hour in-school program that helps support children ages 5-13 who have a family member battling cancer. Currently providing support at Torrance Unified School District and Lawndale Elementary School District. For more information please contact, Sharon Feigenbaum or Nancy Lombiao at 310-376-3550.

Camino de Cancer Group en Wilmington
El Primero y Tercero lunes de cada mes • 2:00 pm • 4 y 18 de Abril • 2 y 16 de Mayo
La ubicación: Wilmington Senior Services Center • 1371 Eubank Avenue Wilmington 90744
¡Anímesel! ¡Los esperamos con mucho cariño! Para más información y confirmar su presencia, favor de llamar a: Lisa Ramos – 310-480-1900

“Fit And Well Worth It”
End Results Health & Wellness Center
24402 Hawthorne Blvd, Torrance, 90505 • 310-378-4866
Let the staff help you with your physical recovery from cancer. Their one-to-one attention will be well worth your time and effort. Don’t hesitate if you never considered this aspect of recovery, health and activity; offered to CSC participants, cancer survivors and their support persons. You don’t have to have previous experience or fitness training. Call to book a session. RSVP 24 hours in advance is appreciated. Space is limited. Saturdays & Sundays • 10:45am

“Cancer Wellfit” • Bay Club Redondo Beach
formerly Spectrum Club Redondo Beach
819 North Harbor Drive, Redondo Beach, CA 90277
This exercise program is a 10-week group mind/body fitness course designed for adult cancer survivors that are less than a year out of treatment. The group classes focus on resistance and flexibility training to help improve functional ability. To register and for complete information, contact Dan Schwab at 310-376-9443 or daniel.schwab@bayclubs.com.

Kundalini Yoga • We Love Yoga
2020 E. 4th Street, Long Beach, CA 90814
562-396-4230
Move, breathe, concentrate, meditate… with us to find, solace, to heal, to expand, to commune and to acquire true knowledge of your glorious self through YOGA. Kundalini Yoga classes are offered to Cancer Support Community participants. Call We Love Yoga or Cancer Support Community for schedule.
KIDS COMMUNITY & TEENS CONNECT

Kids Community • 2nd & 4th Tuesdays • 5pm - 6:30pm
Kids Community is a free support program for children ages 5-12 who have a family member with cancer. The purpose of this group is to offer coping skills and reduce stress & anxiety.

In a small, supportive group setting kids will talk, learn and grow with other children who have a family member with cancer. They will have their questions answered, learn helpful ways to communicate with others and make friends.

Feigenbaum, MA, MFT Registered Intern, Children’s Program Coordinator at 310-376-3550.

Supported through understanding death and loss and are grieving the loss of a parent, grandparent, sibling or any other family member with cancer. In a small, support group setting, teens 13-17 years old will be supported through understanding death and loss and be guided through the grieving process.

For more information or to register, please contact Sharon Feigenbaum or Jill Gray at 310-376-3550.

KIDS COMMUNITY

1st & 3rd Thursdays
4:30pm - 6:00pm

Teens Connect is a support group for teens ages 13-17 who have a family member battling cancer.
Teens will explore their feelings of fear, guilt, confusion, anger and neglect. They will also learn life coping skills to help them deal with changing events in their lives that will help them into adulthood.

Teens Grief & Transition Group
May 12 & 26 • 4:30pm - 6pm

Cancer Support Community Redondo Beach is proud to offer a transitional support group for teens who are grieving the loss of a parent, grandparent, sibling or any other family member with cancer. In a small, support group setting, teens 13-17 years old will be supported through understanding death and loss and be guided through the grieving process.

For more information or to register, please contact Sharon Feigenbaum or Jill Gray at 310-376-3550.

2016 FUNDRAISER EVENTS CALENDAR

Saturday, May 7, 2016
The 23rd Annual Catalina Island Rugby Festival Old Boys/Master Rugby Festival (40 years of age plus) is a fundraiser for Cancer Support Community Redondo Beach. For more information, visit:
www.catalinarugby.org

Sunday, May 15, 2016
The 4th Annual Tour de Pier is a unique fundraising event that brings one of the hottest indoor fitness activities - stationary cycling - to the gorgeous outdoors of Manhattan Beach. Tour de Pier benefits Cancer Support Community Redondo Beach, The Hirshberg Foundation for Pancreatic Cancer Research and The Uncle Kory Foundation.

www.tourdepier.com

Sunday, June 26, 2016 • 3 - 7pm
South Coast Botanic Gardens

Our 20th Annual Food & Wine Tasting Event in the Garden will feature delectable cuisines from some of the area’s finest restaurants and exquisite wines and beers from notable vintners and brewers.

http://tiny.cc/celebratewellness

IN-KIND DONATIONS

Here are a few examples of in-kind donations that would greatly benefit our Community.

For CSCRB Auctions: Gift Cards, tickets to Entertainment, Amusement Parks, Restaurants, Travel Donations, Vacation Homes, Time Shares, Stamps, Printing Services, Frequent Flyer Miles, Office & Kitchen Supplies.

LEAVING A LEGACY

As we confront the challenges of the future, we know that the generosity of those who assist the Cancer Support Community will make all the difference in our success. If you seek to leave a meaningful mark on the world, Legacy Planning can help you discover ways to use the resources and experiences you’ve accumulated in life to make a lasting impression on those you love and the causes you believe in.

Please contact Judith Opdahl, Executive Director, at 310-376-3550 for more information on how you can blend philanthropic giving while receiving tax benefits.

WAYS YOU CAN HELP

To support CSC’s mission of free support, education & hope, please visit our website www.CancerSupportRedondoBeach.org
Click on “Ways to Help”

$50 - Covers the costs of one Welcome to Wellness meeting for 10 - 15 attendees

$100 - Pays for the cost of one individual counseling session for a breast cancer patient

$500 - Provides for one weekly Breast Cancer or family support group at CSCRB

$750 - Provides for one Nutrition Lunch for 50

$1,000 - Funds one educational workshop, such as Frankly Speaking about Advanced Breast Cancer

$2,500 - Provides two months of Kids Community & Activities

$5,000 - Provides three eight-week sessions of Kids Bereavement & Customized Curriculum

* Contributions are tax deductible to the extent allowable by law, tax ID #95-4076131.

Benefit

Benefit is a free iPhone or Android phone app that can be used to pay for your everyday purchases. A percent (up to 20%) of your purchase goes directly back to Cancer Support Community Redondo Beach! Retailers like Starbucks, The Home Depot, Target, Amazon, & many more! Download the app & add Cancer Support Community Redondo Beach as your beneficiary to start giving! For more info, visit www.benefit-mobile.com

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MISSION STATEMENT OF THE CANCER SUPPORT COMMUNITY

To ensure that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community.

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